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EMBRACING THE OPENNESS OF THE EARTH

Malorie Mackey

Actress, author and adventurer

Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

One of the biggest benefits I've received from my meditation journey is the perspective to feel how expansive our world is around us. And with Starlines, I took this one step further to discover just how small the earth is in comparison to our expanded universe and beyond. The earth is open! It's expansive! It's also an incredibly fun place to explore while in expanded states of awareness. Through walking meditation or just by practicing presence outside, we can explore our world—our home—in a way that we never have before.

If you've never tried meditating outside before, now's the time! The warmer weather is perfect for getting active and mindful out in nature. Try putting your feet in the grass while you meditate. Feel the grass and the dirt between your toes and on the balls and heels of your feet. Is it cold? Is it warm? How does it make you feel?

I experiment with different focus levels in the Expand app outside, and while at it, I'll focus mindfully on the world around me as I sit in the sun. I'll feel what it's like to have the sun either on my face or nearby. I'll feel what the wind (or lack thereof) is like as it caresses my skin. Adding a level of mindfulness to any meditation by focusing on the beauty and openness of the earth is an incredibly beneficial practice. If you've taken **Exploration 27**, I highly recommend that you try Earth Core exercises outside. It helps me connect to the world around me with ease.

I find meditating on a slightly breezy day the perfect way to tune in to the earth's energy. It's easy to forget that it's alive and brimming with the energy of animals, plants, and so much more beneath the surface. By feeling the breeze, I instantly connect with the vibrancy the world tosses around me in the vast openness, allowing me to feel energized and at peace all at once.

If you try meditating outside and find that it's a great environment for you, I encourage you to make your own little altar or garden space where you can feel comfortable. My backyard has a wooded section with a clearing in the trees that feels like the perfect

serene paradise for meditating, so I plan to set up an altar made of stones and a beautiful little fountain, with stepping stones leading to it.

The point I'm trying to make is that we can forget how open, expansive, and energetic the outside world is. We associate it with peace as it brings us peace, but it's also bursting with vibrancy and movement. Getting better acquainted with the natural world through our meditations can help us understand this vastly open world in a fresh new way. It's allowed me to feel more connected to the earth, and to find safety in the natural wonders she provides. It's also helped me discover more about myself through my meditation practice. I hope you get to experience the joy of outdoor meditation, and please keep me posted on your journeys when you do!